



1% or Less
Presentation for
Caregivers

What is 1% or Less?

- ◆ Nutrition Education for preschoolers
- ◆ Promotion of healthy eating behaviors
- ◆ Effort to reduce obesity in children
- ◆ Fun activities, crafts and songs



Why Mooove to 1% or Less?



- Too many overweight children (and adults).
- Overweight is the second leading cause of preventable death in the US.
- An easy way to reduce fat consumption and reduce calories.

Take the Milk Challenge!

Think about these questions:

- ◆ What kind of milk do you drink at home?
- ◆ Does everyone drink the same kind of milk?
- ◆ Which sample do you like better?
- ◆ Which sample has less fat?

Surprise!

- In blind taste tests, 9 out of 10 people like the taste of 1% or fat-free milk.
- Most people can't tell the difference between 2% and 1% milk.



How can I make the Mooove?



- Start gradually: move from whole, to 2%, down to 1% then fat free.

OR

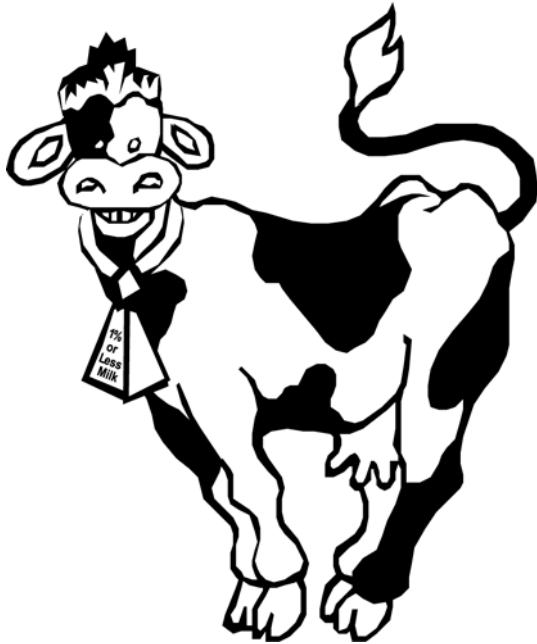
- Go cold turkey! Your family may not notice the difference.

How can I get my child to drink more low-fat milk?

- Copy Cat
- Make it Stick
- Sneak it In
- Fuel Stop



How can I get my child to drink more low-fat milk?



- Fancy Fun
- Fun with Flavors
- Milk with Meals
- On the Go

Thank you!

